

Thanks for joining us in Rainham last night. The weather was overcast and we had some showers throughout the event.

The courses were a mix of lowland and urban conditions. I wanted you all to dart across the varied surface types between each control, so you all popped in and out the park a lot! I thought I'd start with the hard running and navigating early on as you immediately went 'off road', but I hope I was kind too giving you an easier ride on the roads at the end when you were possibly exhausted!

I couldn't let you visit Ingrebourne Country Park without seeing the spectacular views offered over London, so it was a given you all had to climb the hill!

Some varied route choices were given on your return to the pub and it was nice to see some good tracks. Apologies the "no entry" crosses weren't that distinguishable on the map, which meant control 4 on the long or control 6 on the short was a struggle for some to get out the park!

Congratulations to the winners on the night. Colin Jackson took the tape first on the short in a close battle with The Tratt Family and Chris Prince was a clear winner on the long.